



Yoga Workshops and Master Classes with Ame Wren

Old Ottawa South Community Centre

260 Sunnyside Ave, Ottawa

Sat - Sun, Nov 2nd - 3rd, 2013

Join one of Boston's Best Yoga Instructors: **Ame Wren** for these two Workshops that will transform your practice!

Ame has been featured in Yoga Journal and at Wanderlust. She travels worldwide leading retreats, trainings and workshops



Workshops:

1. Core Focus Breath and Bandhas: Tools to Ignite Your Yoga Practice

Open Level - Saturday (2 - 4:00pm)

2. Align Yourself: Safe and Sustainable Vinyasa Techniques

Open Level - Saturday (4:30 - 6:30pm)

Master Class:

3. Sweat and Sequencing: Hip Opening Focus

Sunday (10:00am – 12:00pm)

4. Sweat and Sequencing: Backbending Focus

Sunday (12:30 - 2:30pm)



Cost per class: \$60

***Early Bird Special - Both classes: \$99 – All four: \$160**

** Pay by Sept 15th*

Reserve your spot today – Limited spaces!

Register @ www.bodyandbalance.ca by using Pay Pal

Body & Balance
YOGA AND TRAINING

